

Volunteerism

①
American Cancer Society
of Wasatch County:

Bertha Clyde was a lifetime member & served in the county for many years as a director.

Florence Nielsen was Chairman.

Alyce Ashton was Vice-Chairman.

Reda Greer was Sec.
& Treas.

The above three usually made downtown rounds to collect money from merchants.

They usually made their drives in April each year.

Nile & Morris usually made the drive in Hailstone.

Atha Johnson Montgomery made the drive in the 4th Ward.

Prescribe the solution:

1. The first step is to identify the problem.

Nasalide® Instead

(flunisolide) nasal solution 0.025%

(2) Cancer

Florence organized the drive in 1st ward.

Ethel Broadbent and Bertha Clyde each had a list to visit.

Some donations got as high as \$25.00 from people like Bert Coleman, Vertus Mahoney & others.

Cancer Talk

for Am Cancer Society
Exposé

Heber East Stake Relief Society
24 Oct 1984

Am Cancer Society

AND ISABELLA ROSS WILSON

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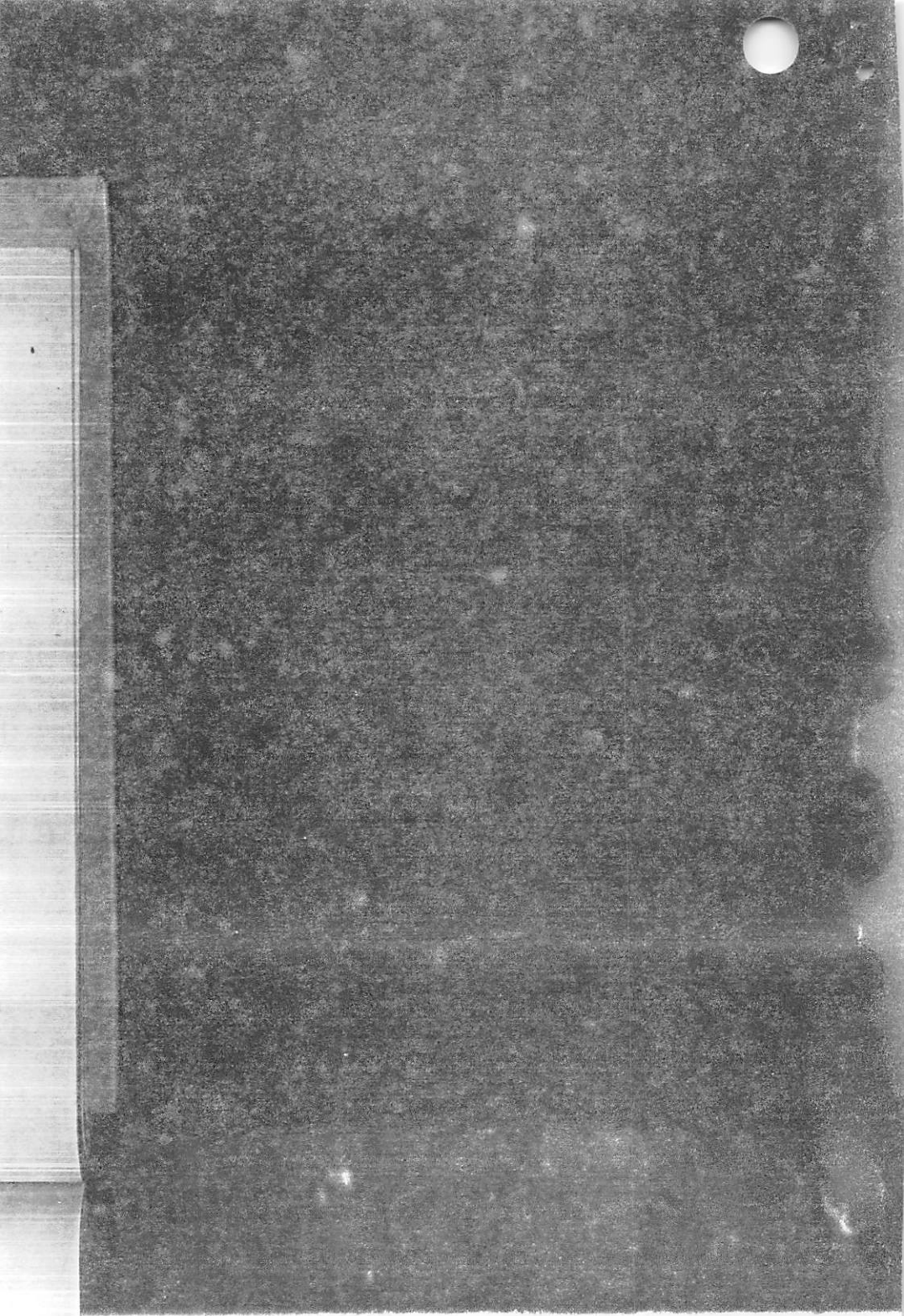
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Cancer Definition -

a malignant or
invasive growth or
tumor. It may
metastasize or
spread to other
parts -

In Astronomy:

Sign of zodiac -
in shape of crab.



Cancer

At the outset let us say:
There are very many types of
cancer!

Because of this fact, it is
necessary to divide them into
categories or groups.

One way is to divide them
into groups according to the
systems of the body — i.e.

1. Vascular (or Blood system)
2. Gastrointestinal System (or
Bowel Stomach & Rectum
System)
3. Muscular System (muscles)
4. Skeletal System (or Bones)
5. Urinary System (or kidneys,
ureters, Bladder & Genitalia).
6. Reproductive System (or ovaries,
uterus, penis testicles)
7. Respiratory System (which
includes, mouth nose, lungs)

must have been 50 pairs of eyes looking at us -- the deer were standing there in the middle of the road. They were so hungry that they ate the pellets right out of our hands," relates Sutera, cable repair foreman.

Mountain Bell employees in Heber and Park City became interested in this project when it was learned that due to track damage it was no longer possible for the Heber Creeper to take food into the area to feed the animals.

Concerned about the situation, Richardson, Mountain Bell facilities technician, went to Sutera and suggested that he and other members of his work crew use their own time after work and on weekends to get feed to the deer. *Sutera got permission from Mountain Bell to use the company's snow cat which is presently*

individuals from

hungry. These deer were when we started this project, you would think they would be anxious to eat anything they could find, but this was not the case," Richardson commented, adding that they had to mix the pellets between the Christmas tree boughs to even tempt the deer into trying the new food."

When asked why these employees are doing this, Sutera replied: "We just don't want to see them starving to death. It has been very gratifying to watch the deer gain their strength and run back into the hills. We'll continue to feed them as long as this harsh weather holds out. We anticipate we will be making the daily trips for at least two months."

Dr. Kelly Elected as Alternate Delegate

Dr. Janet Kelly, a Family Practitioner in Heber City, was recently elected to the office of alternate-delegate by the Utah Academy of Family Physicians during their annual meeting on February 15 at the Salt Lake City Hilton. The UAFFP, which is comprised of Family Practitioners in the state of Utah, holds annual elections for six offices. Dr. Kelly is the first female physician to hold an office in the Academy.

As an alternate delegate, she will attend the annual meeting of the American Academy of Family

Physicians which is made up of Family Practitioners from the entire nation. The American Academy of Family Physicians is an organization which represents the broad interests of the specialty of Family Practice with regard to political, social and educational areas. Along with the other elected delegate, Dr. Kelly will be representative for the Family Practitioners in Utah. She will have an opportunity to be present when the national House of Delegates convenes and to voice the concerns brought to her by her colleagues in Utah.

Parenting Workshop Scheduled

New and Innovative way for parenting workshop, sponsored by the Wasatch County Alcohol and

Drug Center classes will begin March 1, at 6:30 p.m. and will run for 6 consecutive Thursday nights.

Classes will be held at 75 E. 100 So. (east side of the bike shop building.) Experience the excitement of a different approach. Call and register for this free class at 654-3003 between the hours of 9-12.

8. Integumentary System (or skin, finger & toe nails) & subcutaneous tissue.

9. Nervous System (or Brain, ^{12 special nerves} spinal cord, peripheral nerves)

Brain
eyes
ears
snell
etc

10. Endocrine System (or all the various glands: salivary, oil, pancreas, liver, adrenal, thyroid, pituitary, sex glands and parathyroid glands etc.

11. Lymphatic System

As you can see all these various systems are made up of many different types of tissue in the human body.

So another way is to \div or group cancers according to the type of tissue being affected.

This grouping or classification is made by the pathologists. These specialized doctors study tissues by cutting the tumor into fine thin slices & staining them & then studying them in the microscope or ultra microscope.

S. LEWIS

THERE is one vice of which no man in the world is free, which everyone loathes when he sees it in someone else, and of which hardly anyone imagines that he is guilty. People admit that they are bad-tempered, or that they cannot keep their heads about girls or drink, or even that they are cowards. But few accuse themselves of this vice.

I am talking of pride, or self-conceit. According to Christian teachers, pride is the essential vice, the utmost evil. Unchastity, anger, greed, drunkenness are mere fleabites in comparison. It was through pride that the devil became the devil. Pride leads to every other vice; it is the complete anti-God state of mind.

If you want to find out how proud you are, ask yourself, "How much do I dislike it when other people snub me, or refuse to take notice of me, or patronize me, or show off?" The point is that each person's pride is in competition with everyone else's pride. Pride is essentially competitive, while the other vices are competitive only, so to speak, by accident.

Pride gets no pleasure out of having something, only out of having more of it than the next man. We say that people are proud of being rich, or clever, or good-looking, but they are not. They are proud of being richer, or cleverer, or better-looking than others. It is the comparison that makes you proud—the pleasure of being above the rest. Nearly all those evils which people put down to greed or selfishness are really far more the result of pride.

Greed will certainly make a man want money, for the sake of a better house, better holidays, better things to eat and drink. But only up to a point. What is it that makes a man with \$50,000 a year anxious to get \$100,000 a year? It is not the greed for more pleasure; \$50,000 will give all the luxuries that any man can really enjoy. It is pride—the wish to be richer than some other rich man, and (still more) the wish for power. For power is what pride really enjoys: nothing makes a man feel so superior to others as being able to move them about like toy soldiers. What makes a pretty girl spread misery wherever she goes by collecting admirers? Certainly not her sexual instinct: that kind of girl is quite often sexually frigid. It is pride. What is it that makes a politi-

more? Pride again?

It is pride that has been the chief cause of misery in every nation and every family since the world began. Other vices may sometimes bring people together: you may find good fellowship and jokes and friendliness among drunken people or unchaste people. But pride always means enmity—it is enmity. And not only enmity between man and man, but enmity to God.

In God you come up against something immeasurably superior to yourself. Unless you know God as that—and, therefore, know yourself as nothing in comparison—you do not know God at all. As long as you are proud, you cannot know God. A proud man is always looking down on things and people; and as long as you are looking down, you cannot see something that is above you.

That raises a terrible question. How is it that people who are eaten up with pride can say they believe in God and appear to themselves very religious? I am afraid it means they are worshipping an imaginary God. They are all the time imagining how He approves of them and thinks them far better than ordinary people. They pay a pennyworth of imaginary humility to Him and get a pound's worth of pride toward their fellow men. Whenever we find that our religious life is making us feel that we are better than someone else, we may be sure that we are being acted on, not by God, but by the devil.

Pride can often be used to beat down the simpler vices. Teachers, in fact, often appeal to a boy's pride or, as they call it, his self-respect, to make him behave decently. Many a man has overcome cowardice, or lust, or ill temper by learning to think that these vices are beneath his dignity—that is, he overcomes them by pride. The devil laughs. He is perfectly content to see you becoming chaste and brave and self-controlled, provided, all the time, he is setting up in you the dictatorship of pride. Just as he would be quite content to see your chilblains cured if he was allowed, in return, to give you cancer. For pride is spiritual cancer: it eats up the very possibility of love, or contentment, or even common sense.

Pleasure in being praised is not pride. The child who is patted on the back for doing a lesson well, the woman whose beauty is praised by her lover, the saved soul to whom Christ says, "Well done," are pleased

and ought to be. For here the pleasure lies not in what you are but in the fact that you have pleased someone you rightly wanted to please.

The trouble begins when you pass from thinking, "I have pleased him; all is well," to thinking, "What a fine person I must be to have done it." The more you delight in yourself, and the less you delight in the praise, the worse you are becoming.

The vain person wants praise too much and is always angling for it. It is a fault, but a childlike and even humble fault. It shows that you are not yet completely contented with your own admiration. You value other people enough to want them to look at you. You are, in fact, still human. The real black, diabolical pride comes when you look down on others so much that you do not care what they think of you.

When we say that a man is proud of his son, or his father, or his school, it may be asked whether pride in this sense is a sin. I think it depends on what, exactly, we mean by "proud of." Very often "proud of" means to have a warmhearted admiration for. Such admiration is far from being a sin. But it might, perhaps, mean that the person in question gives himself airs on the ground of his distinguished father. This would be a fault, but even then it would be better than being proud simply of himself. To love and admire anything outside oneself is to take one step away from spiritual ruin; though we shall not be well so long as we love and admire anything more than we love and admire God.

Do not imagine that if you meet a really humble man he will be what most people call "humble" nowadays. In short, he will not be the sort of person who is always telling you that, of course, he is nobody. Probably all you will think about him is that he seems a cheerful, intelligent sort who takes a real interest in what you said to him. If you dislike him, it will be because you feel a little envious of anyone who seems to enjoy life so easily. He will not be thinking about humility; he will not be thinking about himself at all.

If anyone would like to acquire humility, I can, I think, tell him the first step. The first step is to realize that one is proud. It is a big step, too. Nothing whatever can be done before it. If you think you are not conceited, it means you are very conceited indeed.

"Pride goeth before destruction, and a haughty spirit before a fall."

(3) By this scientific method the pathologist can tell us what kind of tissue the cancer is and this then helps us fit the kind of treatment to the type of tissue that is growing wild.

Now is a good time to define what cancer is —

Simply speaking, it is the abnormal, unusual, rapid cell multiplication of one kind of tissue — i.e.

Cancerous

Rhabdomyosarcoma is muscle cells that have multiplied rapidly & caused a lump tumor in the muscle.

Hodgkins disease is a tumor or many tumors in the lymphatic tissue.

Leukemia is an abnormal multiplication of white cells in the blood stream.

Squamous Cell Ca of the lung is multiplication of squamous cells.

He can
1-12
1-6-28
gws

PRIDE
(Harden Hearts)

INTRODUCTION

PRIDE: A sense of one's own proper dignity or value; self-respect; an excessively high opinion of oneself; conceit; arrogance; something that is vain, futile, or worthless.

READ: PROVERBS 16:18 (Pride goeth before destruction)

ASK: How devastating can pride be?

READ: D&C 38:39 (Nephite destruction)
MORONI 8:27 (Pride destroyed Nephite nation)

ASK: In Christian thought, what is the first of the seven cardinal sins?

READ: ^{1. Pride 2} * PROVERBS 6:16-19 (The seven cardinal sins)

ASK: Why is pride the forerunner to ruin?

READ: JACOB 2:13, 16-20 (Pride, riches, hope in Christ)

DISCUSS: Lehi's dream of the Tree of Life (I NEPHI 8, 11)

READ: I NEPHI 8:26-28; 33; 11:35-36 (Large & spacious building--pride of the world)

ASK: Do men see things as God sees them?

READ: ISAIAH 55:8-9 (My ways not your ways)
I SAMMUEL 16:7 (Lord looketh on the heart)

ASK: What is the effect upon man when he gets the big picture?

READ: MOSES 1:8-10 (Men nothing, never before supposed)

ASK: Is a proud man prepared to meet God?

READ: ALMA 5:28 (Stripped of pride)
ALMA 5:53 (Puffed up in the pride of your hearts)

Prosperity
↓
Pride
↓
Wickedness
↓
Tragedy
↓
Humility
↓
Righteousness

CONCLUSION:

Pride is enmity between man and man. More important, pride is enmity to God. As long as you are proud, you cannot know God.

JOHN 17:3

Fe. Wilms' tumor is a cancer of the
kidney — usually in children
Melanoma is a skin cancer &
melanophores that give color to
the skin go on the rampage.
Prostatic cancer is Ca of reproductive
organ.
Giant cell Ca of bone is that type
of cell multiplying in bone
Brain tumor = Ca of nervous system

As you now can see — there
are many types of tissue & therefore
any of these can become cancerous.

Why do they become cancerous?
To this question we know the answers
in a ~~few~~ ~~can~~ number of kinds
of cancer & cell do not know
the answer in many other kinds
of cancer —



Brigham Young University

Department of Travel Study

Dear Oriental Odyssey w/China Inquirer:

Come travel with us to the Far East on our Oriental Odyssey tour April 27 to May 18, 1985. This Travel Study adventure features an exciting combination of cultural, economic and political contrasts. Imagine being in the heart of the Orient amidst religious shrines, historic temples and ancient palaces. Whet your appetite with such delectable delights as Peking duck, roasted pigeon and sukiyaki.

Allow me to introduce myself--I have been invited to direct the Oriental Odyssey tour this Spring. I am on the Asian Study faculty at Brigham Young University and teach a course on the international relations of Asia. Hopefully, I will be able to provide leadership, not only as a director, but also, as a teacher. My wife, Carolyn, will join me as the Assistant Director. She is an experienced traveler and has both lived and traveled in much of Asia.

I have lived a year in Japan, a year in Taiwan, and a year in Vietnam. I have visited Asia on many occasions and have traveled there three out of the past four years with student groups, travel study programs and on a lecture tour for the U.S. Information Agency.

The principle cities we will visit are Tokyo (LDS temple), Hakone, Kyoto, Singapore, Bangkok, Hong Kong, Beijing, Xi'an and Shanghai. In Japan, we will be exposed to both traditional and modern elements, as well as a brief encounter with the "shrine of the Nuclear Age" (Hiroshima). With jet lag well behind us, we will fly south for a few days to visit Singapore and Bangkok before entering the People's Republic of China via Hong Kong.

Japan offers a unique blend of the old as well as new. The atmosphere reflects cleanliness, order and an exciting sense of movement. China, on the other hand, combines a feeling of "revolution" with its traditional past. Our 10-day stay in China ought to be just about right. Although it is quite different than what the uninitiated traveler is used to, China's beauty lies in the eye of its beholder.

We sincerely hope you will join us on this unprecedented travel odyssey.

Ray C. Hillam
Faculty Director

Shirley W. Rockwood
Travel Study Administrator

⑤ How how do we treat Cancer.
From what we have said you undoubtedly have deducted that because there are many different types of tissue in the body; there are many different types of Cancer. So, we have many different modalities of treatment for different kinds (pathology) of Ca.

1. e. ④ For Hodgkin's disease, after years of trial & error we now use X-Ray - irradiation in early stages & Chemicals i.v. (chemotherapy) in later stages

③ for various skin cancers (squamous cell, basal cell, & melanomas) we use extirpation (fancy word for surgical excision)

① For leukemia (and there are several kinds) generally chemotherapy.

② For most lung cancer we try to get patients to stop smoking before they get it.

⑤ Brain Cancer - extirpation

⑦ Wilms Tumor - " + chemo

④ Cancer of penis remove & lymph glands too

ZCMI

Shop ZCMI for Christmas during November
and we'll defer your payments until January 1985

Dear ZCMI Charge Customer:

Make your Christmas purchases in November, and don't pay for them until January!


If you've always thought about doing your Christmas shopping early, this is the year to stop thinking and start doing. The way to do it is to become a ZCMI Early Bird Shopper. When you use the ZCMI Early Bird Shopper plan, any charge purchase you make during November is automatically deferred and not billed to your Option Charge Account until January 1985. You will have 30 extra days before any finance charges are added.

All you have to do is sign the enclosed Early Bird card and return it before November 1, 1984. Any purchase you make before we receive your signed card cannot be deferred, so sign and mail your Early Bird form immediately to take advantage of an entire month of deferred charges.

Everyone tries to think of ways to make Christmas merrier . . . we don't just try, we do! Take advantage of our Early Bird Shopping Plan and have a very Merry Christmas!

Early Bird Deferred payments; making your Christmas shopping even more convenient at the Mountain West's full-service store . . . ZCMI.

Sincerely,



Joseph Anderson
President, ZCMI

P.S. Please keep your November and December statements for reference. That way you can easily refer to them when you are billed in January.

- (H) Small Bowel Ca extirpate + anastomosis
 or colostomy or both + Radiation
- (U) Uterine cancer prevent spread by
 pap smears annually. otherwise
 excise & radon seed implants.
- (B) Bone cancer amputate, + Radia.
- (P) Pituitary cancer - excise
- (T) Thyroid Excise + Radiation + Chemo
- (M) & on & on —

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